



THE MASSEUR



American
Association



Masseurs
Masseuses

OFFICIAL BULLETIN

MAY - JUNE 1956

DECATUR, ILLINOIS

Wisconsin Chapter Plans For Eleventh A.A.M.M. Annual National Convention

THE LAND O' LAKES and the SKY BLUE WATER are calling YOU to the Annual Convention of the American Association Masseurs and Masseuses Plankinton House, Wisconsin Avenue, Plankinton Avenue, Michigan Avenue, Milwaukee 3, Wisconsin August 2, 3, 4, 5, 1956 Registration Fees — \$15.00 are now in order For a Great Convention and a Good Vacation — Come to MILWAUKEE MIMO S. RENDALL, Secy.-Treas. Wis. A.A.M.M.

NEWS RELEASE

The first full dress demonstration of Massage over Television took place here in Seattle, Wash., April 25, Wednesday afternoon, between 3:00 and 3:30 p.m. over TV station KTNT. Our good member Arthur Dunbar gave a wonderful demonstration which was far reaching and very educational, and clearly showed the purpose of massage, and what could be expected from Massage treatments.

Mr. Dunbar introduced the American Association of Masseurs

and Masseuses as his professional organization, and displaying our A.A.M.M. pin. This viewing over KTNT marks a highlight for the A.A.M.M. This viewing over KTNT, creates additional environment for good massage.

This program was put on a day ahead of what was previously scheduled, and a few details were omitted for lack of time, however, the viewing worked out well.

At this time of the day KTNT has about 30,000 viewers. This picture was what is known as a live picture, and there were no films taken.

Credit should be given Miss Marylin Foyton the model, and the Crystal Steam baths for their help in making such an educational program possible.

NEBRASKA

Dear Mr. Brooks:

We would like to have this printed in the Masseur.

Nebraska A.A.M.M. State convention at Grand Island, March 11, 1956 passed the following resolution unanimously:

Whereas: We find the advertising sent into our state by the National A.A.M.M. is prohibited by the laws of Nebraska, and are

creating untold trouble for our Masseurs that have used such literature as the "Little Known Facts" and "Muscular Profiles."

Whereas: We believe the only advertising necessary is a job well done, no ink can equal the word of satisfied patients,

Therefore, we resolve: that we shall not accept any advertising such as arm bands, stamps, or other literature not ordered by our Chapter, by our State Secretary.

Gladys Weller,

Nebr. A.A.M.M. Pres.

Agnes Switzer,

Nebr. Secy.-Treas.

CONSIDER

An amendment to Article 20 of the Constitution of the A.A.M.M. that all amendments to be presented at the National Convention be submitted and published in the last issue of the Masseur before convention time. If not reached in time for publication in the Masseur they be posted on a bulletin board in the convention hall no later than noon of the opening day before they can be considered.

Samuel G. Dahlgren
Secy.-Treas. N. Dak.

NUTRITION

THE MASSEUR

Bimonthly publication of the
American Association of Masseurs
and Masseuses.

Published in Decatur, Illinois
DR. CHAS. W. BROOKS, Editor



D. S. CARLSON,

PRESIDENT'S MESSAGE THINGS WE LEARN

The men who move this world along right lines believe in an ever present, real God. They don't just talk about a great cause, they live it.

If you are going to be really worthwhile you must believe in an ever-present God. "Simplicity is truth's most becoming garb."

Great people are always simple people. Big people don't strut! Little people strut. If you are real and going down the way of life with real character, you don't have to strut! Just be yourself. God never made anybody else like you.

When you find a man with whom you cannot reason, something is wrong with that man.

A little country schoolboy caught a bumblebee one time, put it in a little tin box, and put it in his hip pocket. He went to the classroom. After a while the lid got off the box. The bumblebee began to operate in that section

and the boy began to wiggle. The teacher said "Sit still Johnny." Johnny said "All right." The teacher said again, "Johnny, sit still." He said "All right, teacher!" "Johnny! Didn't I tell you to sit still!" "Yes, but there is something going on back here you don't know anything about!" Johnny replied.

Listen, when you find a person who takes an unreasonable position, there is something stinging him. You may not know what is stinging him, but something is wrong with him. When a person gets wrong and off pitch he immediately becomes unreasonable. God made your brain so you could not do wrong and get away with it. There is only one way to go about anything, and that is the right thing. You don't have to be queer. Just decent. The man who is decent always seems queer to the fellow who isn't decent. Many people whom we meet say "I haven't any ability." The greatest ability on earth is dependability; learn to be dependable. The A.A. M.M. needs dependable members, decent members, aggressive members, honest members. Members who are not too lazy to improve their education, regardless of age. A man can do anything he ought to do. If you ought to study to improve your English or vocabulary as a professional person then you can. Do you want to be a successful masseur or masseuse? Do you want to be a credit to your profession and your association? You can, if you will. This, you ought to do.

Don't you admire a fellow who cannot be stopped, who will not give up. Zacchaeus, a little fellow who waited to see Jesus, but could not, for the crowd, got the best seat by running ahead. The crowd could not stop him. The scorn could not stop him. The hisses could not stop him. He accomplished his purpose by being oblivious to circumstances and plunging on ahead. Zacchaeus not only got there on time, he got there

ahead of time. I don't blame Jesus for going home with him.

If we want recognition, prestige, respect and honour, we had better plan ahead and with determination to succeed, to achieve our goal.

D. S. Carlson,
Pres. A.A.M.M.

DEAR FELLOW MEMBERS

I have something on my mind that has been there for some time, and I hope you don't mind if I bring it to you for consideration. I have talked to others of our profession who feel as I do. The subject is Library Material for public reading on the lines of Massage and its worth, (or value). I feel we as an organization of Masseurs and Masseuses, are missing a vital link in our profession. I feel this link is a Massage Manual, or a book devoted to Massage and its activities, showing not only the methods of Massage but the worth or value of same to suffering humanity. You can go where you will in cities large or small to the libraries and ask for a good book on Massage and you will probably get a strange look with the answer, "No, I'm sorry."

In case one is available it probably is just a few pages with little value in our line in the rest of it.

I recently talked with one of our prominent members and he said he had tried in Chicago, Sioux City, Iowa and other large places, but found none. One can get books of every other stripe but the one needed most and that is one devoted to what WE stand for. Every other healing art is available. Then we wonder why the public don't know more about massage. My thoughts are we should compile good articles from health magazines and from our own findings and testimonies of what we have done for others in various ways of suffering. Perhaps a book of this type would be wanted by most of our profession in their office and one in their

own reading rack. This could be announced and sold through our National, the proceeds going to our A.A.M.M.

Besides this the libraries would be eager to stock such a book. This, too, would unite our efforts and build our profession financially. Let's stop burying our talents. Let's let the world know what and the why of massage. No one has gotten all talent in massage. Why not show what we can and have done with our technique. Let's all contribute to a book of exchange of ideas and technique. The book to bear our emblem and compiled by the A.A.M.M.

The Bible says we will have the sick with us always, so let's show them what nature has for them.

By P. R. Canaday
Washington Chapter

MASSAGE EMERGES

LOWELL SPANGLE

Indiana Chapter

Although one of the oldest forms of therapy known to man, massage is only at this late day beginning to show signs of emerging as a major therapy.

Hand massage had its first opportunity to become recognized as a major therapy about three thousand years ago. Therapists of a secret gymnastic society of ancient Athens in Greece organized Massage into a system known as "chiro-therapeuo"—hand therapy.

Little is known of this Greek system of Massage except that it was said to be a system of a hundred movements which were applied to the neck, trunk and pelvis. We have many records of wonderful things done by these therapists, but no record of how they were done.

They were so successful in removing the imperfections of the young men of their day that Athens became world-famous for her physically superior men. So famous did Athens become under the guidance of these therapists

of the secret gymnastic society that the world still pays tribute to their achievement every time we use the term Athlete.

We are told that the organized physicians of Greece at that time sought this knowledge for use in their practice, but it was denied to them. The philosophers sought the privilege to teach it in their schools, but the society refused them also and guarded their secret so closely that when their leaders died the art was lost.

Massage got its second great opportunity early in the Nineteenth Century when Peter Henrik Ling, a famous student, Gymnastist and fencing master of Smaland, a province of southern Sweden, diligently gathered every record of massage and manipulation technique known throughout Europe and with trial and practice, organized it into a scientific and systematic method of hand massage which was to become known as **Swedish Massage**. It was a cumbersome, but very effective treatment.

In 1813, Ling founded the Central Institute in Stockholm for the teaching of teachers of massage. Ling, himself, was an energetic enthusiastic teacher, and he saw his system spread over Europe like a prairie fire. Jahn in Germany, Delsarte in France, and Mezger in Holland were all famous teachers of Ling's methods.

However, just at the time it looked like Massage was destined to become the dominant science in the field of healing, Pasteur came up with his discovery and the development of the "germ theory" and Lister with his discovery of "Antiseptic."

These discoveries gave chemical medicine a badly-needed boost in prestige. The popularity of this new concept in medical science caused most of the therapeutically-minded students to turn to medical science. With this turn of events, and the passing of Ling, Massage rapidly dropped in popularity. However, Massage was

still widely used throughout Europe for rehabilitating military personnel, but there were few new therapists entering the Massage profession. By the end of the Nineteenth Century, there were few capable Massage therapists, except those employed by wealthy army officers' clubs, athletic clubs, health clubs and hydrotherapy institutions.

Thus, Massage lost its second great chance to become established as a major therapy.

Now this sleeping giant in the field of therapy is beginning to stir and show signs of life once again. This time in our own country. This movement really started about the end of the Nineteenth Century when some one of prestige in the U. S. Army imported a Dr. T. Bergren, a European Rehabilitation therapist, to train personnel of the U. S. Army medical corps to give massage and manipulations to the sick and disabled of the Spanish American War. Dr. Bergren was made a captain of the U. S. Medical Corps. He taught the use of a combination of manipulation, massage, heat, light, electricity and exercise, which became known as **physio-therapy**. Disabled soldiers received this treatment in addition to their regular medical and surgical care. The soldiers who had this added physical therapy treatment did so much better than those who had received only medical and surgical care, that today, every army and veterans' hospital in the country has a physical therapy department.

Everyone of us who are today engaged in the field of professional Massage knows that Massage is the basis and backbone of all physical therapy.

Whether Massage is going to get on its feet in this third attempt and prove to the world that it is the greatest benefactor of sick and ailing humanity of all the therapies is our burden. We are the men and women who are going to seal the fate of Massage for generations to come.

In the words of Billy Graham, "This is the Hour of Decision,"—this is the time to act. It is going to take FAITH, DEVOTION, and SELF-SACRIFICE, but I, for one, am convinced it can be done if we tackle the problems before us with enthusiasm and determination. We must be modern, progressive and diplomatic. The Massage profession has the strongest organization and leadership today that it has ever had, but no organization can be stronger than the membership of which it is composed. Let's be active, be modern, progressive, recognize facts for what they are. Hand Massage, and manipulation has done wonders for mankind and is still doing so, but is that any reason we should limit our work and service to hand Massage.

We are living in a machine age and if we are smart, we will recognize that fact. The man with a shovel was a noble workman in days gone by and still is today, but he can never hope to move the earth his brother with the bulldozer or power crane can move. His work is still important to finish what the machine did, but who would say he should stake his reputation as an earth mover upon his ability to wield the shovel. I do not find fault with hand massage, but I am convinced we can do so much more if we make use of modern physical therapy. Every physical therapy modality depends upon the principle of Massage for its therapeutic effect, so who should have more claim to its use than the Massage therapist. Read the literature on ultra sound, whirl pool baths, contractile current, modalities for application of heat, light, etc. They all refer to their massaging effect or their essential relationship to massage.

These things are all offered to the masseurs and masseuses today, but I am here to tell you that if we don't accept them and get busy and establish our legal right to use them, the day is not far

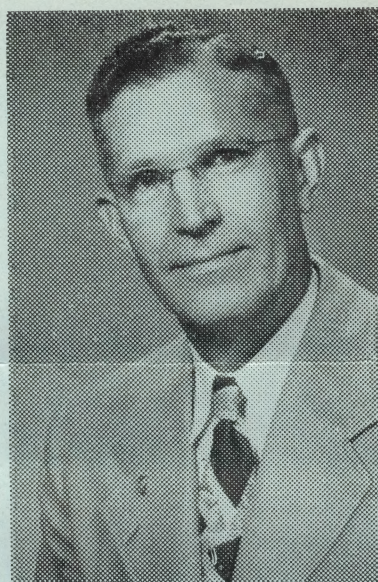
distant when we will be denied the right to use them.

If we are really going to establish Massage as a major therapy, we must make it a modern, progressive science. For such a program, it seems to me the starting point should be a new and modern definition of Massage which will really imply what we mean it to include.

This may not be the best definition of Massage, but it is the best I know at the present time: "Massage is a scientific movement or manipulation of the cells and tissues of the body to produce a beneficial or therapeutic effect." It is modern, plain and inclusive.

Second, we should diplomatically welcome and encourage a friendly interest in every form of therapy which could be a natural tie-in with Massage, such as physical therapy, nutritional therapy and mental and spiritual science, or any other form of treatment which is proven sound and which would broaden our field of service. We know there are conditions which must have nutritional aid and with which Massage alone cannot cope. We know, too, how emotional disturbances can upset our functional processes and make us sick and Massage alone is not the answer to these conditions.

We should have a committee to investigate the different theories and if they are found sound and available to us, we should accept them and encourage our schools to teach them as supportive and adjuvant therapy. We must promote more schools, better schools, with higher scholastic standards. We must encourage the friendship of legislators that they may understand our work and our need of sound legislation which will provide boards of our own which can license and regulate our profession for the protection of the public and give assurance that they can enjoy the full measure of our service.



Dr. Lloyd D. Allen, vice president of the Western University, Inc., Pomona, California, joined the AAMM last month. He states that he will encourage graduates of that college to become members of the Association. This school is chartered by the State of California and teaches other subjects than Swedish Massage.

THIS IS HER LIFE

The autobiography of Mrs. Cora Stockfleth as recorded by Mrs. Minnie Keim.

In one of our beautiful states—in the city of Sairboul, Minnesota—on March 18, 1877, Cora Lander came to bless a pioneer family. Her parents moved to Spirit Lake, Iowa, when Cora was three years old, with an oxen team and wagon. Then when Cora was seven, she and her family progressed westward to Rapid City, South Dakota, by pony wagon. The true pioneer spirit has always been with her.

She went to school in Rapid City, and finished grammar and high school there. At an early age she started earning her own way, first at the millinery trade, and later at dress-making.

She was married to Nick Viken

Conrad

in 1895. Ten children were born to this union—eight boys and two girls. College professors, school teachers, farmers, a mason, carpenters, and a mechanic are among this fine group of children.

Cora Lander Viken lost her husband when the younger children were still quite young. It was then that she became a practical nurse. In the year of 1939 she moved to Boise, Idaho, where she took up massage, having received her training from the College of Swedish Massage in Chicago. Her experience as a nurse had led her into the field of massage.

In Boise, Cora met George Stockfleth. They were married and moved to Nampa, Idaho in 1942. She set up her massage parlor in her home, and had a fine practice established, when she was advised to move to the coast for her husband's health. Thus, in 1948 they moved to Cottage Grove, Oregon, for two years, returning to Idaho in 1951. Cora again set up her practice in the Payette Valley, and is working right along now from day to day.

Asked how she can do this now after all she has crossed in her lifetime, she replied: "Never look back, enjoy each day and its blessings. Be watchful of what you eat; over eating will kill us all."

From one who has known her these last few years, it is a challenge to know such a personality. To know her is to love her. Long may she live—she will be 79 years old on March 18th.

FROM THE EDITOR

Received an article for publication from a member stating that said article was to be in the nature of constructive criticism. They said in the article that they found material well written and conveying some good thinking. On the other hand there have been articles where the writer didn't have complete knowledge of the subject they were writing about. Giving information to those who

may not know which is right or wrong, BUT may think it is right because it was printed in the Masseur. They also stated that we should have an editorial staff to go over all these articles before publishing. So the articles can be criticized and corrections suggested, returned to the authors and have them re-write. The article goes on to criticize a couple of recent articles on massage technique. It is a rather interesting manuscript but the author just signed his or her article "a member." So in order to comply with their very wish I should have their name. If this party will kindly send me their name I will see that their message gets printed.

FOOD FOR THOUGHT

Masseur of the Year and President of the Washington Chapter. Something on Diets and Thought for Foods.

So much has been said on the subject of foods, vitamins, diets etc., but I still feel after talking to many people on this subject that we are not getting across to the public that the kind of food they eat is oft times the cause of their organic disturbance.

I, personally feel that the type of food we eat should be decided by the type of work we do, for instance, if you are an office worker you would not eat as heavy a foods as a laborer or else it would make your body and mind sluggish and you would be very apt to put on weight.

The same rule applies to nervous people. They should eat a diet composed largely of fresh green vegetables, fresh fruits and 100% rye or whole wheat bread. Other things are also needed by our bodies, but the ones most commonly left out of the diet are these.

The people of today seem to shun raw vegetables and fruits as they would the plague.

Many people have told me that raw vegetables or fruits were too

rough for their digestive organs.

The truth of the matter is that they have been eating too refined a foods and soft foods for so long that the lining of the intestinal tract has become overly sensitive, but would soon get over this if small quantities of these foods were added to the diet daily.

Enzymes are very essential to normal digestion, and as enzymes are destroyed by heat, this is another reason why we should eat more raw foods and raw juices.

I have found that many office workers complain of lack of energy and sleepiness at mid afternoon. This condition can be remedied by taking a short walk at lunch time and as you walk breathe fresh air deeply into the lungs through the nose, holding till the count of five, then expelling through the mouth.

This may give a sense of dizziness at first and a slight ache across the chest if over done, so start with a few times the first day then gradually increase.

This will get fresh oxygen into the blood and get rid of old air at the same time. It will increase your energy and brain alertness.

In cases of organic disorder I find it advisable to relieve the organ affected, of as much work as possible. This is done by eliminating from the diet the foods which will affect this organ most.

For colds or flu, all milk, ice cream, egg white, and sugar, would be taken temporarily from diet as these tend to prolong the cold by producing more mucus in system.

For liver or gall bladder, all fried food, gravies, brick cheese, chocolate, pastries and such should be left out of diet. This gives the liver a chance to rid itself of accumulated poisons and resume normal function.

For rheumatism, sciatica, arthritis, etc., all acid foods such as pork of all kinds, sugar, tomatoes, strawberries, apples and sweets. The elimination of these foods and massaging the affected parts does

much to relieve these conditions.

Many pages could be written on this subject but I will close with this poem, copied from "Health and Progress."

"Keep Nature's Law"

To eat for health
Does not take wealth,
But character and brains.
To eat for taste
Makes big the waist,
Plus many aches and pains.

Man dives and flies
And thinks he's wise,
And Boss of all the earth,
But to this hour
He's not the power
To give a life cell birth.

Keep "Nature's Law,"
Eat ripe and raw
The leaves and seeds and fruit
Then wear the smile
That's more than style,
Gain health and wealth to boot.

Frank E. Baker.

Arthur D. Mann,
Wash. State President

CONSTRUCTIVE THINKING

By PAUL A. BOCEK

It is odd how some of the editorials are formed for the Masseur. Some of them have started many years ago, others only a few months and some are the reactions of what has just happened.

How many patients come to our offices needing to be straightened out both physically and psychologically. They co-operate well physically with good results appearing but psychologically we are stumped. Every effort seems to be a dud without positive responses.

Many times we may suggest a let up on coffee and cigarettes to our patients. Explaining to them that excessive use is very dangerous to their present health conditions.

Suppose the patient doesn't use either coffee or cigarettes but is still a psychological case. He be-

comes offended by our suggestion and interprets it a personal affront and uses fighting language.

In our past experiences, in helping those who came to us for comfort and health, we do not set a personal judgment to down him. We try to help the patient, to lift him up, to give him more understanding so that he may do better for himself. Do not judge too harshly those who are disturbed by depressing emotions. Explain to them that they will remain sick as long as they permit such ideas to bother them. We who are trying to help persons correct such mistakes are not setting in judgment nor in personality judgment. We do not mean to offend or hurt anyone. We are just pointing out the truth, that such depressive emotionalism destroys health, and does not help any one.

Our mind is a great determining factor. Through it we plan, think, reason, reflect, and understand. Thus a well trained mind reasons logically, broadens the vision, fortifies faith, stimulates memory, illuminates the imagination and aspires to worthy achievements.

Cultivate your habits by constructive thinking and enjoy divine felicity.

COMMENT

This is good advice, just be sure that YOU the practitioners giving advice are good living examples of your practice and can give the patient the goal he needs or the mark to shoot at.—Editor

EXPERIENCE

Dear Masseurs and Masseuses:

It is a privilege to me, to have this opportunity, to express some views in regard to our profession.

Just to acquaint myself with you: in 1937, I graduated from the Great Lakes College of Physiotherapy at Cleveland, Ohio. I have been doing massage in my home town of Fargo, North Dakota since my graduation. It is a privilege to me to be a member of

the American Association of Masseurs and Masseuses, and vice-president of the North Dakota chapter of this organization.

Now, may I please ask you, fellow masseurs and masseuses, to carefully consider the following questions and remarks: At what level do we stand in the healing professions? What is the general public's opinion on this question? Has anyone ever referred to you as a 'rubber'? You, no doubt, have heard people say, "I think I'll go and get a rub-down." With this last remark in mind, does the public have a high opinion of our profession? In my opinion, the person who is referred to as a 'rubber' is one that gives a brisk type of athletic rub-down. We are not concerned with this type of thing, our concern is with the massage profession. Here is a definition of massage which I learned at Cleveland, Ohio: Massage is the scientific application of the operator's hands to the patient for therapeutic purposes. There are variations of the following procedures: touch, stroking, friction, kneading, vibration, percussion and joint movements.

As professional people, in the field of health, we must wake up right now and put our house in order. You do not need to be told, that any structure or any organization deteriorates if it is not maintained. We need to elevate our faith in God and in our work, for 'Faith without works is dead;' and in so doing, we would render unto our fellow men a much higher standard of health service. Our first step, I believe, is to be organized; how else can we accomplish our end? We are now living in an era of organization. Most all fields are organized: farmers, labor, doctors, dentists, technicians, and many, many more. We now have the facilities, let's make use of them! The American Association of Masseurs and Masseuses is composed, as you know, of individual state chapters. It is a very democratic organization with high principles and standards. This is

an organization working for us all; we cannot achieve much, if we are not all active members. You and I are the organization, having equal rights; our purpose is construction, not destruction; and we get out of it what we put into it.

In order to be recognized for what we are, we need legislation to protect the public and ourselves from those who are unqualified to do this type of work. Also, in order to hold our rightful place in the healing professions, I definitely believe that we should be properly licensed. We, also, need to elevate and standardize the training in our nation's massage colleges.

It is equally as important to protect what we have as it is to strive for what we want. Relaxation and falling away from our organization, after accomplishments, is the beginning of defeat. If we wish to be the master of our own house, it would behoove us to be on our tip-toes at all times to ward off the invaders. Yes, indeed, we have a job to do; please let's wake up and get busy. It's later than you think!

And now in closing, I wish to thank you for your attention. Here is a quotation, which I would like to leave with you; I am sure most of you have heard it: "There is a destiny that makes us brothers, none goes his way alone; all that we send into the lives of others, comes back into our own."

Very sincerely,
Milfred T. Bakke, Masseur
308 North 10th Street
Fargo, North Dakota

FROM ILLINOIS

The Illinois Chapter of the A.A.M.M. held its last meeting in Chicago, Ill., at the Hotel Congress on Sunday, March 18, 1956. Iowa, Indiana and Wisconsin joined us in this meeting which was well attended by all four states. The meeting was started promptly at 1:00 p.m.

Mary E. Howell, president of the Illinois Chapter presided.

The meeting was started by the opening prayer, led by Dr. Charles Brooks. After the opening prayer, the members all stood one by one and introduced themselves.

Martin Wiendrich is working hard on the school and colleges, and gave us a nice talk on what he has gathered to this date.

Mr. Sam Dallgren was probably one of the members visiting us from the farthest distance; Mr. Dallgren is Sec'y and Treas. of the North Dakota Chapter. Sam is head of the legislation committee and is doing a fine job for all the states. He gave us a very interesting talk on his findings to date.

Another interest on our program was the panel on arthritis. This was led by Dr. Brooks. Members on the panel were Floy Brownlie, Vera Settig, Mildred Warrens and A. Jean Wells. The Illinois chapter wishes to thank all that took part in this panel.

Dr. Gunard gave a talk on joints, as always, Dr. Gunard's talk was interesting and enjoyed by all.

Dr. White of Chicago gave a fine demonstration on Massage and Manipulation. It is our hope that Dr. White will demonstrate for us at our next National Convention.

Mildred Warrens gave a talk on our next National Convention, which will be held in her town of Milwaukee, Wis., on Aug. 2, 3, 4 and 5.

Dr. S. L. Fielder, M.D., gave a short talk on Manipulative Surgery. This sounded very interesting. For those unable to attend our meeting, write Dr. S. L. Fielder, P. O. Box 751, San Bernardino, California for further information.

The Illinois Chapter will hold its next meeting in Galesburg, at the Hotel Custer on Sunday, June 3, 1956. It was voted to open this meeting at 11:00 a.m. This will give the members more time for a

little get together after the meeting. This meeting will be an election of officers. All Illinois members please try to attend this meeting.

The meeting was closed with a prayer by Dr. Brooks at 4:30 p.m. and by 5:00 the room was quiet. The members on their way home. A good time had by all!

FROM N. DAKOTA

March 10, 1956

The North Dakota Chapter of the A.A.M.M. met at the home of Rachel Gustafson, 1438 4th Ave So., Fargo.

The meeting was called to order by President L. Meels and meeting was opened by prayer by Albert E. Dahlgren. Minutes were read and approved except for the annual convention date to be changed.

Mr. Bakke asked the date be changed from June 30 to July 7, as several members could not be there and this was all right with all members present.

There was a discussion about our bill and to start working on it more and preparing it for next legislature. Also to contact some Senators that are holdovers and let them know just what massage is and can do. Motion by Mr. Bakke to meet at Mr. and Mrs. Meels, 902 8th Ave. North, Wahpeton, on May 5, 1956 and discuss with Mr. Wallace Warner, attorney, about our bill and maybe rewrite some sections. Seconded by A. E. Dahlgren and carried.

S. G. Dahlgren discussed the situation on what happened in Minnesota. When the Masseurs had a strong association there in 1925 and 1927 when they got their first law through. Then in 1929 the Medical Association brought in some amendments and got the Medical Examiners as a board and since then no new masseurs have been able to get in there.

Mr. M. T. Bakke read a letter from the Fargo Chamber of Commerce of an invitation to hold next year's convention in Fargo,

Mr. Bakke made the motion to invite the National Convention to Fargo, North Dakota, in either 1957 or 1958. Seconded by Mrs. Leonard Meels and carried.

Mrs. Rachel Gustafson then served us a very delicious lunch and everyone enjoyed it very much. Motion to adjourn carried.

Samuel G. Dahlgren

FROM IOWA

Dear Mr. Melson:

The following is a report of the Iowa Chapter meeting April 15 with Mildred Hansen, 2225 W. Grand, Des Moines, Iowa.

There were six members and two visitors present.

Our President, Ella, opened the meeting with the Lord's Prayer. Flory Brownlie was appointed Secretary pro tem as our Secretary, Merle Glanz, was not present.

There was a business session and prospective members were discussed.

It was decided to take a full page ad in the convention Bulletin.

An election of officers was held.

The following were elected to hold offices for the following year:

President - Myrtle Mae Hudson, Waterloo, Iowa

Vice-President - Edward O'Donnell, Des Moines

Secy.-Treas. - Flory Brownlie, Davenport

The next meeting will be held in Cedar Rapids, Iowa, at the Montrose Hotel in June.

Respectfully submitted,

Flory Brownlie.

MELSON'S HEALTH CENTER

Phone 2-5813

823 W. Jefferson St., Joliet, Illinois
The Pain and Distress of Strained and
Knotted Muscles Relieved by
Swedish Massage - Hydro Therapy
Physio-Therapy - Colon Therapy
"Let Us Take the Kinks Out"
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